

ABSTRAK

HUBUNGAN ASUPAN LEMAK TERHADAP KEJADIAN HIPERGLIKEMIA PADA KYAI DAN GURU DI PONDOK PESANTREN DAERAH ISTIMEWA YOGYAKARTA

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Latar Belakang : Diabetes melitus merupakan penyakit metabolik yang ditandai oleh meningkatnya kadar gula darah (hiperglikemia) yang disebabkan adanya gangguan pada sekresi insulin, kerja insulin atau keduanya. Diabetes melitus merupakan masalah kesehatan dengan prevalensi meningkat setiap tahunnya baik di negara maju maupun negara berkembang. Di Provinsi D.I.Yogyakarta pada tahun 2012 terdapat kasus diabetes melitus sebanyak 7.434 kasus yang termasuk dalam urutan ke-5 dari 10 besar penyakit berbasis STP-SIRS.

Tujuan : Untuk mengetahui hubungan asupan lemak dengan kejadian hiperglikemia pada kyai dan guru di Pondok Pesantren Yogyakarta.

Metode : Jenis penelitian ini menggunakan observasional analitik (induktif) dengan menggunakan rancangan *cross-sectional*. Populasi dalam penelitian adalah guru di Pondok Pesantren Yogyakarta dengan jumlah 579 orang guru. Jumlah sampel minimal yang diperoleh dalam penelitian ini 184 orang guru. Teknik pengambilan sampel dengan *probability proportional to size* (PPS). Data asupan lemak menggunakan kuesioner SQ-FFQ. Analisis data dengan menggunakan uji *chi square* dilakukan dengan menggunakan *software* SPSS.

Hasil Penelitian : Hasil analisis univariat menunjukkan bahwa karakteristik responden berdasarkan usia sebagian besar responden berusia antara 20-35 tahun yaitu sebanyak 49,5%, jenis kelamin sebagian besar responden berjenis kelamin perempuan 54,3%, pekerjaan sebagian besar responden berprofesi sebagai ustadz atau ustadzah 49,5%, dan sebagian besar responden berpendidikan SMA yaitu 65,2%. Dari hasil responden mengkonsumsi lemak secara berlebih yaitu sebanyak 67,4% dan responden yang mengalami hiperglikemia sebanyak 6,5%. Dari hasil analisis bivariat berdasarkan hasil uji *chi-square* antara variabel asupan lemak dengan variabel hiperglikemia diperoleh nilai signifikansi *p-value* = 0,956 ($> 0,05$) artinya tidak terdapat hubungan antara asupan lemak dengan hiperglikemia pada kyai dan guru di pondok pesantren DIY.

Kesimpulan : tidak terdapat hubungan yang signifikan antara asupan lemak dengan kejadian hiperglikemia pada kyai dan guru di pondok pesantren DIY.

Kata Kunci : Asupan Lemak, Hiperglikemia, Kyai, Guru, Pondok Pesantren

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ABSTRACT

THE RELATIONSHIP BETWEEN FAT INTAKE AND THE INCIDENCE OF HYPERGLYCEMIA AMONG KYAI AND TEACHERS AT ISLAMIC BOARDING SCHOOLS IN THE SPECIAL REGION OF YOGYAKARTA

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Background: Diabetes mellitus is a metabolic disease characterized by an increased blood sugar level (hyperglycemia) resulting from impaired insulin secretion, function of insulin or both. It constitutes a health problem with increasing prevalence every year in both developed and developing countries. In Yogyakarta Special Region Province, there were a total of 7,434 cases of diabetes mellitus in 2012, which ranked 5th among top 10 STP – SIRS-related diseases.

Objective: To determine the relationship between fat intake and the incidence of hyperglycemia among *kyai* (a term used to refer to an Islamic religious pundit in Indonesia) and teachers at Islamic boarding schools in Yogyakarta.

Method: This is an analytical observational (inductive) study employing a cross-sectional design. The research population comprised teachers at Islamic Boarding Schools in Yogyakarta with a total of 579 teachers. The minimum sample size obtained in the present research was 184 teachers. The sample was collected using the technique of probability proportional to size (PPS). Data on fat intake were collected using SQ-FFQ questionnaires. The data were analyzed using the chi-square test using SPSS software.

Research Findings: Results of the univariate analysis showed that in relation to characteristics of the respondents, the age of most respondents ranged between 20 to 35 years old, namely by 49.5%; most of them were female, namely by 54.3%; most of them worked as either *ustaz* (male Islamic religious teacher) or *ustazah* (female Islamic religious teacher), namely by 49.5%; and most of them were Senior High School graduates, namely by 65.2%. Research findings suggested that 67.4% of the respondents had excessive fat intake and 6.5% of the respondents suffered from hyperglycemia. Based on results of the bivariate analysis according to results of the chi-square test between variables *fat intake* and *hyperglycemia*, a p-value = 0.956 (> 0.05) was generated, meaning that there is no relationship between fat intake and the incidence of hyperglycemia among *kyai* and teachers at Islamic boarding schools in the Special Region of Yogyakarta.

Conclusion: There is no significant relationship between fat intake and the incidence of hyperglycemia among *kyai* and teachers at Islamic boarding schools in the Special Region of Yogyakarta.

Keywords: Fat Intake, Hyperglycemia, *Kyai*, Teacher, Islamic Boarding Schools

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